

# PROTECT YOURSELF PROTECT YOUR FAMILY

FOR MEN



The Latino Families HIV/AIDS Prevention Project



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## A loyal friend



Jorge and Miguel grew up together and had been best friends since childhood. Miguel was the best man at Jorge's wedding and later became a godfather for his two young children. When Miguel got sick, Jorge dropped everything and drove as fast as he could to the hospital. Jorge couldn't believe it when Miguel told him that he had AIDS. Miguel confessed he had been living a double life for many years and hadn't told Jorge the truth because he was afraid to lose his friendship. Miguel told Jorge that he was jealous of his happy marriage and that even though he had dated a lot, he was never attracted to women. Although this shocked Jorge, he later realized, *"When I found out that my best friend was gay it was very difficult for me to accept. But after thinking about it, I realized that he had been that way for years and he had always respected me...Maybe it would have helped prevent his infection if he hadn't felt he had to hide his personal life for so long."* Jorge remained true to their friendship and supported Miguel through his illness, because now more than ever Miguel needed a good friend.

## A test of true love

Alfredo and Carmen immigrated to the U.S. 8 years ago. When applying for his green card, he took the required medical tests. Alfredo was shocked when he found out he had HIV. He had always been very healthy and had never been unfaithful to his wife. The doctor recommended that his family also get tested. Fortunately he was the only one with HIV. Alfredo realized that when he first came to the U.S. he had put himself at risk when he had tried drugs and shared needles. Alfredo felt so guilty that he offered his wife a divorce. Carmen replied, *"Do you really think that I could stop loving you, especially now when you need me the most."* The doctors told him that many people with HIV lived long and healthy lives. He began his treatment and today Alfredo and Carmen are still together. They have a healthy sex life, using protection 100% of the time. Alfredo says, *"I love her very much, she is the mother of my child and I want to protect her. The doctors assured me that if we use condoms we can still enjoy our love for each other. She remains healthy and free of HIV and our relationship is stronger than ever."*

SHOW YOUR LOVE PROTECT YOUR PARTNER

TRUE FRIENDSHIP DOES NOT DISCRIMINATE



# ENJOY SEX: BE RESPONSIBLE



A "real man" talks to his family, is faithful to his partner, and respects the sexuality of others. He is a positive role model for his children, asks for help, shares decisions with his partner, takes care of his health, and treats a woman as a friend and partner.

The traditional male role sometimes limits a man's ability to express himself sexually. It is important that each man confronts and accepts his sexuality so that he can be responsible, and care for, and protect his family and loved ones.

Accepting men who are bisexual and homosexual can help the Latino community prevent many cases of HIV infection and AIDS. If accepted by others, these men would not feel the need to hide their sexuality behind heterosexual relationships.

## HOW TO COMMUNICATE ABOUT SEX

Many Latinos are afraid to talk to their partners about sex. It is important to speak openly about sex and recognize the risks before starting a sexual relationship. If you do not protect yourself, sex can lead to pregnancy and sexually transmitted infections (STIs), like HIV.

To enjoy a responsible and healthy sex life, consider the following:

Establish clear, direct and honest communication within an environment of trust and mutual respect.

Look for accurate information regarding sex. Do not confuse reality with fantasy. Unfortunately, many men learn about sex through pornography, which gives a false image and does not demonstrate how to be a good sexual partner.

Decisions regarding sex should be made by both partners. Tell your partner what you like and don't like, and ask about his or her sexual likes and dislikes.

Talk to your partner about condom use before having sex. Women who initiate condom use are not promiscuous, they are responsible.

Don't assume someone does not have HIV because he or she looks good. Always ask about sexual and drug use history.

Get tested for HIV and ask your partner to get tested too. If you are infected, talk to a health professional about how to manage your infection and how to maintain your health and that of your partner.

### BE SEXUALLY RESPONSIBLE: TALK ABOUT IT!

## LET'S TALK ABOUT HIV/AIDS

In the last few years, sexually transmitted infections have increased dramatically, putting the health of many Latinos at risk.

### Did you know that...

In the United States 1 out of every 5 persons with AIDS is Latino.

Among Latinos who have AIDS in the United States, 80% are men and 20% are women.

Latinas with AIDS have a higher probability of having been infected through sex with men. In 2000, AIDS cases among Latinas who were infected through heterosexual contact increased to 65%.

Illnesses associated with AIDS can take from 10 to 15 years to develop in an infected person.

Having sex with people under 18 years of age can be considered rape.

### HIV and AIDS: What are they?

**HIV:** Is a virus that affects the body's defenses, slowly weakening the infected person and exposing them to a variety of illnesses.

**AIDS:** Is a result of HIV when it is not controlled and the body's defenses become weak.

## HOW IS HIV TRANSMITTED?

It is very important to know that HIV is not transmitted through casual contact. You cannot get infected by kissing, hugging, drinking from the same glass, interacting or living with a person who has HIV/AIDS. The only way you can become infected is by contact with semen, vaginal fluids, blood, and breast milk, through...

Unprotected sex  
(oral, vaginal, anal)

Sharing needles  
and injection  
equipment

Transfusions with  
infected blood

Infection of a baby  
through pregnancy  
or breastfeeding

## HIV/AIDS: PROTECT YOURSELF AND YOUR LOVED ONES

In addition to maintaining open communication with your partner consider the following:

Learn more about condoms and how to use them. Whenever there is any type of penetration (vaginal, oral or anal) a condom should always be part of your sexual experience. Condoms are a very effective way to prevent HIV infection. Using a drop of lubricant in the tip of the condom can significantly increase your pleasure.

and drugs can decrease your inhibitions and impair your ability to maintain an erection.

If you find yourself becoming aggressive toward your partner or if you have reacted in a violent way, seek professional help immediately at a social service agency or clinic.

Fidelity is the basis of any relationship. It is better not to have sex outside of your relationship, but if you are going to do it, use a condom.

Try not to combine sex with the excessive use of alcohol and drugs. If you do, always have condoms available and use them. Remember that alcohol

## Don't gamble with your life



Jaime, a 28 year old bachelor with a great job tried to enjoy life to the fullest. Since he came to the United States when he was 15, he's had a variety of sexual experiences. He also tried various drugs and liked to drink, especially on the weekends. Jaime thought he was an excellent lover and that he knew everything there was to know about sex. Unfortunately, he confused reality with fantasy because he mastered all of his techniques watching pornographic films. In fact, even though Jaime wasn't aware of it, many of his partners faked orgasms just to get it over with. Jaime thought that if he washed off after sex, there was no need to use condoms for protection. When one of his partners asked him to use a condom, Jaime became angry and said, *"Don't insult me! Don't you trust me? Do you think I'm dirty and that I sleep with prostitutes? Maybe you're the one*

*who has a disease since you're so damn easy."* He was surprised when she abruptly responded, *"Jaime, I'm out of here. I don't have time for your old-fashioned macho ways. The risk isn't worth being with an irresponsible man like you. I bet you're not even a good lover. Don't you know that nowadays we all have the right to protect ourselves!"*

Jaime ignored her advice, thinking that he should continue enjoying his youth.

His good times came to a sudden end when he found out that one of his past lovers had HIV. When he went to the clinic the doctor recommended that he get tested for

HIV. When the test showed that Jaime was infected he finally learned his lesson...but it was too late.



*"I used to think about enjoying the moment, and now I only think about my future. I finally realize the importance of using a condom."*

**YOU AND YOUR PARTNER HAVE THE  
RIGHT TO PROTECT YOURSELVES**

Many Latinos have partners, friends, parents, brothers, sisters and other family members who have been affected by HIV. This brochure is designed to help you understand how communication and support can help prevent HIV infection.

**You're not alone.  
Your health and your family's health depend on you.  
Let us help you.**

*For copies of other brochures in this series, or for more information, please call:*

**1-(800)-920-5990  
562-985-4396**

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